

## **Performance Squad**

### **AIMS**

- \* efficient technique on all 4 strokes plus starts and turns.
- \* speed over short distances.
- \* aerobic endurance on longer sustained swims.
- \* short rest interval training
- \* use of test sets to monitor progress
- \* basic training competences.
- \* comp. skills.
- \* land training routines including flexibility and core body work. (weights if appropriate)
- \* mental skills, nutrition and hydration. set goals, log book
- \* provide swimmers with the opportunity for LC training

### **OBJECTIVES.**

Swim 800m Freestyle Good start, turns and kick 5m u/water at start. Under 12.45  
Swim 200m Backstroke .Good start, turns and finish. 7m u/water at start. Under 3.15  
Swim 200m Breaststroke. Good start, turns and finish.7m u/water at start. Under 3.30  
Swim 200m Butterfly. Good start, turn and finish.7m u/water at start. Under 3.30  
Swim 400m IM Using correct technique and good starts and turns. Under 6.30  
Kick 200m Freestyle Under 3.45 Kick 200m Breast or Fly Under 4.00  
Kick 200m Backstroke Under 4.10  
Demonstrate 4x25m dive start freestyle sprints Under 14.0  
Swim 1500m Freestyle Good start, turns and kick 5m u/water at start and turns Under 21.30.

### **AVAILABLE SESSIONS** Minimum sessions-6

Monday: 5.30-7.30pm

Tuesday: 6.30-8.00am; 5.30-7.30pm

Wednesday: 5.30-7.30pm

Thursday: 6.30-8.00am; land 5.00-5.30pm; pool 5.45-7.45pm

Friday: 6.30-8.00am

Sunday: land 8.00-9.00am; pool 9.00-11.00am

Swimmers are expected to be on poolside 15 minutes before the start in order to facilitate a poolside warm up and stretch routine. Anyone unable to make any of the above sessions should inform the coach.

### **COMPETITIONS**

Swimmers are expected to take responsibility for keeping up to date with meet information.

#### **Cycle One**

Oct DCA Autumn Meet

Nov District Distance Meet

Dec Scottish Short Course Championships

#### **Cycle Two**

Feb/March District Championships

April Scottish National Age Groups/ British Championships

#### **Cycle Three**

June Scottish National Open Championships

July Scottish Summer Meet

July/August British Summer Meet

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## **Intermediate Squad**

### **Aims**

Develop efficient technique on all 4 strokes plus starts and turns. Develop basic speed over short distances.

Develop basic aerobic endurance on longer sustained swims.

Introduce and develop short rest interval training

Develop further basic training competences. Provide LC training opportunities.

Continue to develop comp. skills. E.g. Competition within club, graded competitions.

Develop and establish flexibility, core body work and land training.

Introduce mental skills. Set goals.

### **Objectives**

Swim 200m Freestyle : Good start, turns and kick 5m u/water at start.

Swim 200m Backstroke: Good start, turns and finish. 5m u/water at start.

Swim 200m Breaststroke: Good start, turns and finish. 5m u/water at start.

Swim 100m Butterfly: Good start, turn and finish. 5m u/water at start.

Swim 200m IM: Using correct technique and good starts and turns.

Kick 200m Freestyle Under 4.15 Kick 400m IM

Demonstrate 4x25m dive start freestyle sprints

Swim 400m Freestyle: Good start, turns and kick. 5m u/water at start and turns

### **AVAILABLE SESSIONS: a choice of 7; minimum sessions 5**

Monday: 5.30-7.00pm

Tuesday: 5.30-6.30pm

Thursday: land 5.00-5.30pm; pool 5.45-7.45pm

Friday: 6.30-8.00am

Sunday: land 8.00-9.00am; pool 9.00-10.30am

At all sessions please try to arrive in time to do 15 min of w/up & stretching on poolside.

### **COMPETITIONS**

Not all competitions are suitable for all swimmers, Scott will advise you. Look regularly at the notice board to check the dates of galas. Updates and club events are all in the website.

Listed below are some of the meets that may be considered for entry.

#### **Cycle One**

Oct Alloa Graded Meet (11 & over)

Nov District Graded Meet/ Carnegie Sprint Meet

#### **Cycle Two**

Jan/Feb Club Age Group Champs

Mch DCA Mini

#### **Cycle Three**

June Dist Champs (11 and over)/ Stars of the Future (12 & Under)

July/August Club Open Championships

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## **Development Squad**

### **Aims**

Develop efficient technique on all 4 strokes plus starts & turns  
Develop basic speed over short distances  
Develop basic aerobic endurance on longer sustained swims  
Introduce and develop short rest interval training  
Develop basic training competences including use of pace clock  
Develop comp. skills, including competition within club, graded competitions and leagues  
Develop and establish land training and flexibility.  
Introduce mental skills, targets and log books.

### **Objectives**

Swim 100m Free: Good start, turns and kick. 5m u/water at start.  
Swim 100m Back: Good start, turns and finish. 5m u/water at start.  
Swim 100m Breast: Good start, turns and finish. 5m u/water at start.  
Swim 50m Fly: Good start, turn and finish. 5m u/water at start. Use undulating technique.  
Swim 100m IM: Using correct technique.  
Kick 200m Freestyle and Kick 200m IM  
Demonstrate 3x25m dive start freestyle sprints  
Swim 400m Freestyle using good skills and turns without stopping

### **Available Sessions: a choice of 5/ minimum sessions-3**

Sun: land 8.00-9.00am; pool 9.00-10.00am

Wed: 6.30-7.30pm

Thursday: land 5.00-5.30pm; pool 5.45-6.45pm

Fri: 6.30-8.00am

Sat: 8.15-9.00am

At all sessions please try to arrive in time to do 15min of warming up and stretching on poolside.

**Competitions:** Not all competitions are suitable for all swimmers. Your coach will advise you on which you are ready for and which events you should enter. Please look regularly at the notice board to check the dates of galas. The weekly plan and website gives details of any changes and lets you know what is happening within the club. Listed below are some of the meets that may be considered for entry.

### **Cycle One**

Sept September Splash/ Westhill Minnows

Nov Carnegie Mini Meet/ District Graded Meet

### **Cycle Two**

Jan/Feb- Club Championships

March- DCA Mini Meet/ District Graded Meet

### **Cycle Three**

June Stars of the Future

July/August Club Open Championships

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